



Glenwood Rams Relays Saturday, April 2



Sprint Medley Relay (100-100-200-400)			
Name	Split	Place	PR
Claire Miller	13.50		
Samantha Chandler	14.08		
Lauren Bowker	25.80		
Lola Mendlik	1:07.93		
Total	2:01.26	1st	2:05.54

Shuttle Hurdle Relay			
Name	Split	Place	PR
Taya Adams	18.57		
Lauren Bowker	20.09		
Kamden Bruhn	18.72		
Claire Miller	17.57		
Total	1:14.80	1st	1:19.25

Shuttle Hurdle Relay			
Name	Split	Place	PR
Jordyn Linn	23.25		
Hannah Harris	20.16		
Lauren Herrig	20.92		
Chloe Koch	22.87		
Total	1:27.20	4th	1:19.25

100 Meter Dash			
Name	Time	Place	PR
Savannah Steinkuehler	14.26		14.26
Alexa Tremblay	14.60		
Jessica Cabrera	16.12		16.33
Harmony Holt	16.61		16.56
Yadira Menendez Anaya	16.85		16.83
Adot Aruai	17.02		
Kimberly Ramirez	17.04		
Nyamun Koang	19.11		

Distance Medley Relay (200-200-400-800)			
Name	Split	Place	PR
Hannah Harris	28.62		
Kamden Bruhn	29.61		
Brianna Musgrave	1:11.64		
Emily Bahnsen	2:50.94		
Total	5:00.41	2nd	5:00.87

400 Meter Dash			
Name	Time	Place	PR
Tiffany Ramirez	1:18.32		
Yadira Menendez Anaya	1:20.71		1:22.40
Adout Aruai	1:22.48		
Kimberly Ramirez	1:28.61		

4 X 200 Meter Relay			
Name	Split	Place	PR
Alexa Tremblay	30.01		
Samantha Chandler	28.43		
Savannah Steinkuehler	31.92		
Lauren Bowker	27.50		
Total	1:58.66	3rd	1:57.02

100 Meter Hurdles			
Name	Time	Place	PR
Claire Miller	17.98	2nd	
Jordyn Linn	18.60	3rd	20.71
Taya Adams	18.67		18.66
Kamden Bruhn	18.96		20.17
Lauren Herrig	21.37		
Chloe Koch	23.16		

800 Meter Run			
Name	Time	Place	PR
Lola Mendlik	2:34.50	3rd	2:38.25
Tiffany Ramirez	3:07.15		3:36.79

200 Meter Dash			
Name	Time	Place	PR
Hannah Harris	30.64		
Alexa Tremblay	30.86		
Kamden Bruhn	31.00		
Taya Adams	31.73		
Brianna Musgrave	31.76		32.10
Lauren Herrig	34.53		
Jessica Cabrera	35.30		35.16
Harmony Holt	35.46		35.23
Yadira Menendez Anaya	36.45		36.38
Adot Aruai	36.53		
Kimberly Ramirez	37.42		
Nyamun Koang	37.98		

400 Meter Hurdles			
Name	Time	Place	PR
Jordyn Linn	1:21.85	3rd	1:26.79

1500 Meter Run			
Name	Time	Place	PR
Lola Mendlik	5:17.84	1st	5:24.44
Emily Bahnsen	6:08.55	6th	6:16.46

4x100 Meter Relay			
Name	Split	Place	PR
Claire Miller	13.09		
Samantha Chandler	13.43		
Savannah Steinkuehler	14.87		
Lauren Bowker	13.08		
Total	54.75	2nd	56.19

4x100 Meter Relay			
Name	Split	Place	PR
Brianna Musgrave	13.75		
Chloe Koch	18.68		
Jessica Cabrera	14.73		
Harmony Holt	17.77		
Total	1:04.62		56.19

Shot Put			
Name	Distance	Place	PR
Norah Huebert	26-5	4th	25-03.75
Jacky Alvarenga	20-9		
Diana Medina Flores	19-2		

Discus			
Name	Distance	Place	PR
Diana Medina Flores	58-11.5		
Norah Huebert	58-0		56-1
Jacky Alvarenga	37-11		

Team Standings	
Glenwood	179
Denison-Schleswig	85
CB Abraham Lincoln	84.5
Atlantic	82
Treynor	54.5
St. Albert	34
Red Oak	26
CB Thomas Jefferson	21
Lewis Central	18
Creston	10
Personal Records Broken - 16	